



ENJOY AND SHARE WITH **HERBAL** SUPPLEMENT FACTS

800 441 5656 order desk

www.up-time.com, uptime@up-time.com

805 564 3494 ph, 805 564 4879 fax

Herbal Performance®

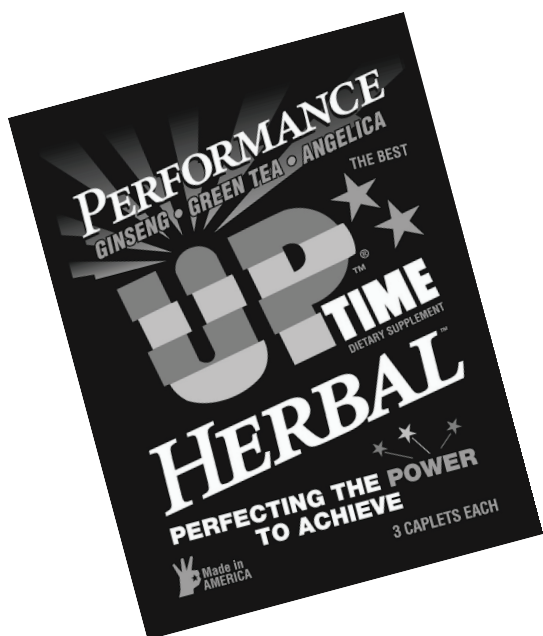
Herbal combines the classic use of herbs in a master blend. The balancing forces released by this formula of 30 energizing and tonifying herbs and nutrients from around the world warms the body and adds focus to your mind. Herbal was carefully designed using ancient Chinese energy formulas blended with Ayurvedic herbs and prized Rain Forest botanicals, state-of-the-art nutrients and antioxidants to meet today's nutrition standards.

Contact

Uptime Sports Nutrition
Post Office Box 90659
Santa Barbara, CA 93190-0659
800-441-5656 toll free
805-564-3494
805-564-4879 fax

Available in bottles and packets

91834 / 60 caplet bottle
91833 / 24 packet box



Ingredient	1 caplet	3 caplets	%DV
Vitamin A	1,250 IU.....	3,750 IU.....	75%
Vitamin C	30 mg	90 mg.....	150%
Thiamin	0.38 mg.....	1.14 mg.....	76%
Riboflavin	0.43 mg.....	1.29 mg.....	76%
Niacin	10 mg	30 mg.....	150%
Vitamin B-6	1 mg.....	3 mg.....	150%
Folic Acid	100 mcg	300 mcg.....	75%
Vitamin B-12	6 mcg	18 mcg.....	300%
Pantothenic Acid	10 mg	30 mg.....	300%
Calcium	81 mg	243 mg.....	24%
Chromium	100 mcg	300 mcg.....	250%
Molybdenum	50 mcg.....	150 mcg.....	200%
Vanadium	50 mcg.....	150 mcg.....	**

Power Base

822 mg

Caffeine, Bee Pollen, Kola Nut (seed)*, Green Tea (leaf)*, Yerba Mate (leaves), Eleuthero (root)*, White Ginseng (root)*, Fo - Ti (root)*, Korean Ginseng (root)*, Lovage (root) (liguisticum), Astragalus (root)*, Ginger (root)*, Papain, Green Pepper (fruit), Angelica (root), Dong Quai (root)*, Schizandra (berry)*, Ashwaganda (root)*, Wild Yam (root) (dioscorea), Jujube (fruit) (zizyphus)*, Gamma Oryzanol. **Daily Value not Established. *Extract.

Other ingredients:

Cellulose, stearic acid, silicon dioxide, magnesium stearate, croscarmellose sodium, ethylcellulose.

Suggested use:

As a dietary supplement, three tablets daily, (1 caplet per 50 lbs of body weight), with your favorite beverage for best results. Keep out of the reach of children. Store in a cool, dry place protected from light.

Perfecting the Power to Achieve!

Uptime supplements were designed to naturally increase energy and provide nutrition. For over 25 years, Uptime has been on the cutting edge as a leader in the field of natural, Nutritional Food Supplements. Uptime has become the supplement of choice for thousands of professional athletes, and people from all walks of life who want to perfect the power to achieve.



Health Watch: Uptime supplements do not contain ma huang or ephedra.